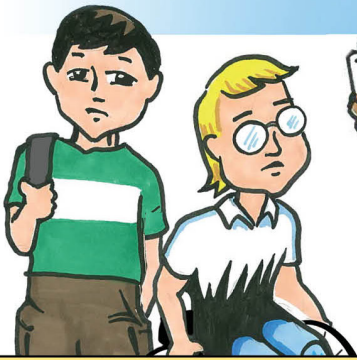


# SHELLY SAVES THE FUTURE

A STORY OF CAREER DEVELOPMENT

IGNORANCE



WE'RE IN TROUBLE, GUYS, IF WE DON'T MAKE SURE WE ARE READY FOR LIFE AFTER HIGH SCHOOL!



THREE-QUARTERS OF HIGH SCHOOL GRADUATES ARE NOT READY FOR COLLEGE OR THE WORKFORCE.

Source: ACT, Inc. (2013). *The condition of college & career readiness 2013*. Retrieved from <http://www.act.org/research/policymakers/cccr13/pdf/CCCR13-NationalReadinessRpt.pdf>

**Fast-Growing Occupations Require More Workers With Higher Education.**

**People with Disabilities Face an Unemployment Rate Twice as High as the National Average.**

Over 1,400 Students Drop Out of High School Each Day.

I WILL NOT LET THE CITY FALL! WHAT CAN I DO NOW IN SCHOOL TO MEET THIS CHALLENGE?

38 States have adopted ILPs

- Steps of an ILP**
1. Self-Exploration
  2. Career Exploration
  3. Career Planning and Management

ARMED WITH SELF-DETERMINATION, YOU CAN USE AN INDIVIDUALIZED LEARNING PLAN (ILP) TO HELP YOU PREPARE FOR LIFE AFTER HIGH SCHOOL.

## SELF-EXPLORATION

IS ABOUT ASKING YOURSELF THREE THINGS:

YOU'RE ALWAYS TAKING THINGS APART.

I LIKE FIGURING OUT HOW THINGS WORKS!

WHAT DO YOU LIKE?

WHAT ARE YOU NOT INTERESTED IN DOING AS A CAREER?

WHAT ARE YOU GOOD AT?

**Acceleration Equations:**  
 $V_f = V_o + at$   
 $d = \frac{1}{2}(V_o + V_f)t$   
 $d = V_o t + \frac{1}{2}at^2$   
 $V_f^2 = V_o^2 + 2ad$   
 $t = \frac{V_f - V_o}{a}$   
 $t = \frac{2d}{V_o + V_f}$





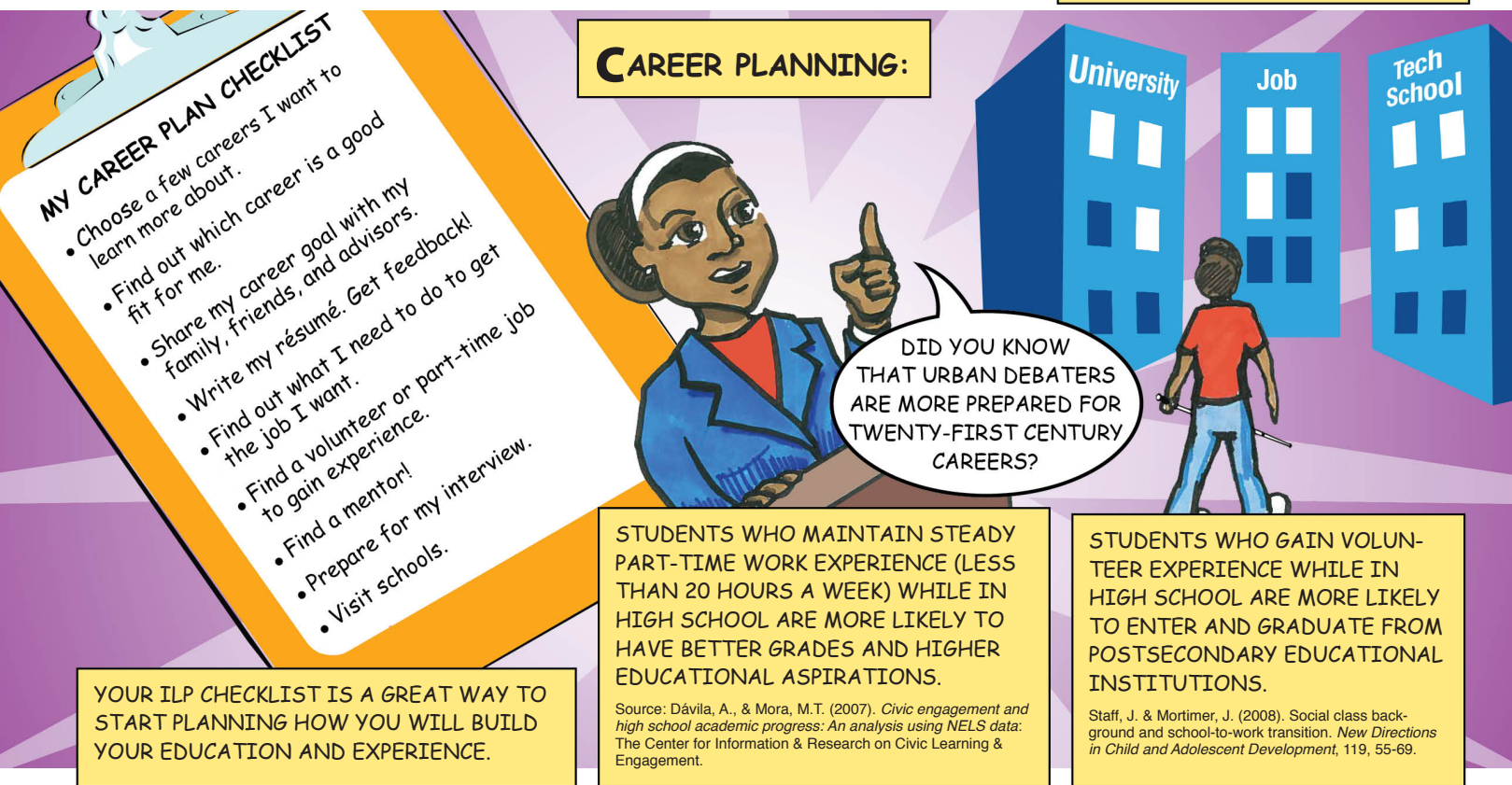
## CAREER-EXPLORATION

INCLUDES:

LEARNING MORE ABOUT YOUR AREA OF INTEREST.

GAINING REAL-LIFE EXPERIENCE IN YOUR AREA OF INTEREST.

FINDING OUT WHAT KIND OF TRAINING YOU NEED TO ACHIEVE YOUR CAREER GOALS.



## CAREER PLANNING:

### MY CAREER PLAN CHECKLIST

- Choose a few careers I want to learn more about.
- Find out which career is a good fit for me.
- Share my career goal with my family, friends, and advisors.
- Write my résumé. Get feedback!
- Find out what I need to do to get the job I want.
- Find a volunteer or part-time job to gain experience.
- Find a mentor!
- Prepare for my interview.
- Visit schools.

DID YOU KNOW THAT URBAN DEBATORS ARE MORE PREPARED FOR TWENTY-FIRST CENTURY CAREERS?

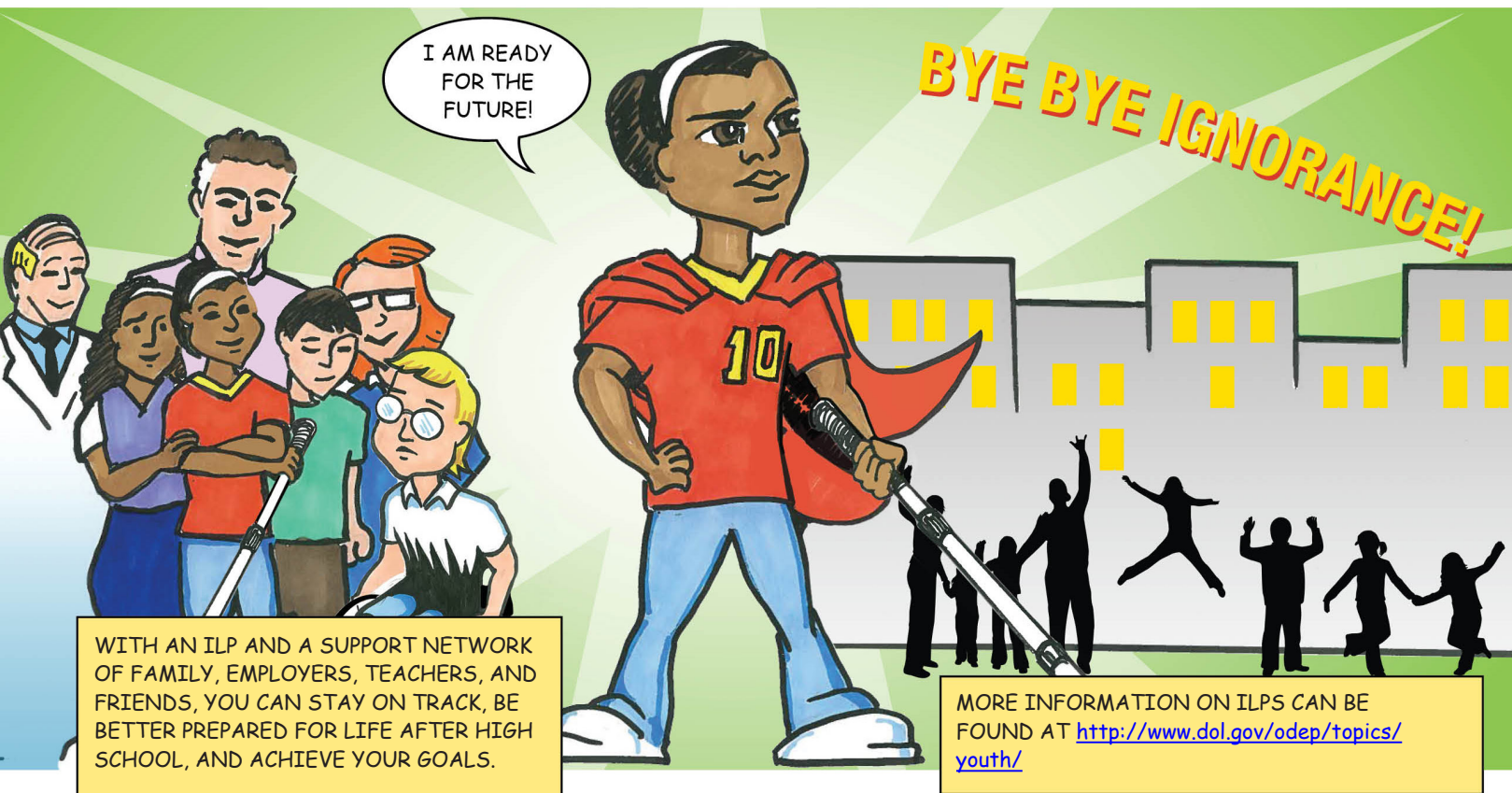
STUDENTS WHO MAINTAIN STEADY PART-TIME WORK EXPERIENCE (LESS THAN 20 HOURS A WEEK) WHILE IN HIGH SCHOOL ARE MORE LIKELY TO HAVE BETTER GRADES AND HIGHER EDUCATIONAL ASPIRATIONS.

Source: Dávila, A., & Mora, M.T. (2007). Civic engagement and high school academic progress: An analysis using NELS data: The Center for Information & Research on Civic Learning & Engagement.

STUDENTS WHO GAIN VOLUNTEER EXPERIENCE WHILE IN HIGH SCHOOL ARE MORE LIKELY TO ENTER AND GRADUATE FROM POSTSECONDARY EDUCATIONAL INSTITUTIONS.

Staff, J. & Mortimer, J. (2008). Social class background and school-to-work transition. *New Directions in Child and Adolescent Development*, 119, 55-69.

YOUR ILP CHECKLIST IS A GREAT WAY TO START PLANNING HOW YOU WILL BUILD YOUR EDUCATION AND EXPERIENCE.



BYE BYE IGNORANCE!

WITH AN ILP AND A SUPPORT NETWORK OF FAMILY, EMPLOYERS, TEACHERS, AND FRIENDS, YOU CAN STAY ON TRACK, BE BETTER PREPARED FOR LIFE AFTER HIGH SCHOOL, AND ACHIEVE YOUR GOALS.

MORE INFORMATION ON ILPS CAN BE FOUND AT <http://www.dol.gov/odep/topics/youth/>